**Establishing a perinatal mental health service in Qatar: an evolving model of care encompassing, prevention, screening, early detection and intervention, treatment and community engagement.**

Safia Ahmed1, Syeda Monazza Ali1, Zenat Ally1, Felice Watt1, 2

1. Sidra Medicine, Doha, Qatar
2. Weill Cornell Medicine Qatar, Doha, Qatar

[SAhmed@sidra.org](mailto:SAhmed@sidra.org)

Qatar, population 2.6 million is a rapidly developing Muslim country; 88% of residents are expatriates from 87 countries. Qatar has the highest per capita income in the world, having catapulted from poverty to wealth over the last three decades. In train with this economic development, Qatar has put in place a comprehensive development agenda including aspirations to a world class health care sector.

Sidra Medicine was designed in the light of this vision to provide an academic, tertiary health care service for women and children in Qatar, and in this context Qatar’s first multidisciplinary perinatal mental health service was established. This paper outlines the development of the perinatal mental health service and how the model of care has been shaped by the social- cultural, geographic and political context as well as practical considerations of setting up a new service with providers from diverse professional and cultural backgrounds.

Quantitative and qualitative Data from the first two years of service will be provided, including sources of referrals, demographic characteristics of women seen, obstetric characteristics, and outcomes from use of screening tools, psychiatric diagnosis and treatment provided.

Challenges of providing a new service in this setting will be explored, as well as lessons learned. Strategic relationships have been developed in the context of supporting pre-existing postpartum screening in primary care and developing relationships with mental health and obstetric services and with diverse community agencies.